

Bevern

Newsletter from **The Bevern Trust** Issue 14, Spring 2019

THE SUSSEX DISABILITY CHARITY

SPRING OPEN GARDENS

Join us at our beautiful Open Garden Events this year, to help raise vital funds for people with profound disabilities.



VOLUNTEERS

Get inspired by the Bevern Trust's Volunteers and why they love giving some of their time.

www.beverntrust.org



Bevern Welcome



Chair of Trustees

Nick Houston

Trust Accountant

Susan Goodliffe

Manager - Bevern View

Caroline Pulleyn

Service Quality Manager

Ashly Sarsons

Fundraising

Matthew Cornish
Elizabeth Lang

Clinical Advisor

Kate Buche

Deputy Manager - Activities

Tim Lumgair

Welcome to the Spring edition of our Bevern Newsletter.

Spring is one of my favourite times of the year. It brings new beginnings, new growth and an opportunity to plan ahead for this, our special 20th anniversary year. We have seen many changes over the last 12 months, with much progress made towards delivering even better care and opportunities for our residents. Supporting parents, carers and furthering development for our hard-working staff and volunteers have also been important to us during this time. There are so many different skills and talents provided by all those who work for and support the Bevern Trust, we are grateful for them all.

From a leadership point of view, our Registered Manager, Caroline Pulleyn, has made some great inroads improving our home all-round. Caroline's work keeps the needs of our residents and their families at the heart of the organisation, whilst ensuring the right teams and staff are in place to deliver the very best care, 24 hours a day.

Ashly Sarsons has returned from maternity leave as Quality Services Manager and will focus on improving systems, streamlining processes through technology like iCare and ensuring our policies and plans are robust and ready to take us forward for the future. In these ever-challenging economic times, I'm not only pleased to have seen

improvements in our home, Bevern View, with the help of an engaged and supportive board of Trustees, but also to see growing numbers of donors, supporters and volunteers at our fundraising events, who are increasingly sympathetic to our cause across Sussex.

As we approach an important milestone - our 20th year of providing loving care to people with profound disabilities and their families, we cannot say enough how hugely grateful we are to those who continue to support us. Be it with their time volunteering like Sally and Terry, business sponsorship from Knill James or community groups like Uckfield Divas WI, you can read about our community's generosity in this Spring edition. It is heart-warming the way the Sussex community continues to get behind us.

We will be organising some special anniversary events in 2019 - so keep an eye on the website, newsletters and our social media posts for details. One of our 20th anniversary initiatives is to find 20 people who would give a small monthly gift to help us provide more life-fulfilling activities, outings and opportunities for people with complex needs.

Please do sign up and help if you can, in this special year for The Bevern Trust. Thank you for your ongoing support.

Nick Houston
Chair of Trustees,
The Bevern Trust

Hello

We can only broaden our reach to Sussex families and help more people with profound disabilities with more Friends, volunteers and your donations.

Reaching out to give more



We want to offer more to people with profound disabilities and their families who are often marginalised in society.

Imagine for a moment, your world moves at the pace of a wheelchair, your best day is only possible because of the people that care for you and your dignity and personal care is the responsibility of people around you- not just you. At our home Bevern View, person-centred care revolves around the families and loved-ones of the people we care for.

Our Christian ethos is a simple message whatever your beliefs, which is that we care for those most in need and our home is a place where kindness and respect is shown to everyone.

Did you know?



Each year The Bevern Trust provides over 400 fun outings for our residents. This is possible thanks to our Deputy Manager - Activities Tim Lumgair and a great team of dedicated carers, volunteers and administration. There are limited funds to be able to give everyone regular access to the community and participate as a valued member of their town or village. We rely on generous donations to keep our minibuses going and ensure our residents can participate fully in society.



Join us - Care Workers Needed



We pay above the Living Wage Foundation rate and offer great employment opportunities. We are currently looking for Care Workers to join us. Call 01273 021244 or email hr@beverntrust.org for details.

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More people than ever are running and cycling amazing distances to raise funds for The Bevern Trust.

Join Bevern Friends and help us reach out to give more

The Bevern Friends welcome you to their third **big quiz night** at Barcombe Village Hall on **Friday 15th February 2019** where the event is expected to raise over £1000 for The Bevern Trust. Questions will test the most discerning quizzier with some great general knowledge and fun questions for all. Tickets for the quiz are on sale now via our website and include a light Ploughman's supper and snacks. There is a cash bar and the chance to win some great raffle prizes and a silent auction to stay at Gravetye Manor.

Sussex Community



In October the Ardingly Gift Fair returned organised by the **East Sussex Fundraising Committee** raising **£9,480**. This was the 3rd Year of support from the **East Sussex Fundraising Committee** who have raised **£39,660** over that period. It has been such a pleasure working with all involved with the group. We are truly thankful for all of your support and efforts over the last few years and will certainly miss being a part of the October gift fair this year.

We have been honoured that the **Rotary Club of Lewes** have chosen to support us this year with a cheque for **£2000** given in September and being chosen as the beneficiaries of the Lewes County Town Fatstock Celebrations in November (Pictured Right). With the auction skills of Charles Whycherley, **£5000** was raised on the evening. We would like to thank Fiona Kay, President, and all Rotarians for their generosity towards their local Lewes charity, The Bevern Trust.



We have been the chosen charity of the **Uckfield Divas** this year who have raised **£700** through a charity quiz and **£100** donation received from their Christmas Carol service. Thank you for your support.

Thank you also to **Lewes Rotary Barbican** and President Sandra Webb (pictured above left) for organising Suspiciously Elvis in aid of the Bevern Trust and other local charities. It was a fantastic fun filled night which raised a massive **£1000**.

Also a special mention to **Glynde, Uckfield, Newick** and **South Street Bonfire societies** for letting us take part and collect at the celebrations; The **17th Hove Cubs** for raising **£207.46** from their own festive run and **Steve Crowhurst** (aka Mrs Brown) for raising **£150**.

Sussex Businesses

Jonathan Wilkins (pictured right) from **J.G Wilkins Forestry, Estate and Garden Services** had a very busy Christmas picking up 98 Christmas Tree's from local residents and raised a massive **£700**. Thank you to everyone that participated in this great festive initiative.



Bevern People



This is what we do

The Bevern Trust believe that everyone should have access to the same life-fulfilling activities as anyone else - regardless of ability. At our home Bevern View, our team of dedicated carers, volunteers and administration staff do everything they can to make this possible.

What makes our home different is that all our activities are person-centred and designed around everyone's unique personality, preferences and choices. Opportunities for the people we care for to experience new places, new sights as well as the more familiar things, are only possible with help from our volunteers, parents and of course a knowledgeable and caring team of carers and a communication specialist. We encourage and help all our residents to play a meaningful role in their community.



Bevern Spring



Open Gardens

Perfect Spring outings for all the family

What better way to spend a Spring day than viewing the breathtaking gardens of Banks Farm in Barcombe and Holford Manor in North Chailey, all in aid of the Sussex Disability Charity The Bevern Trust. After you have finished your quiet meander around the beautiful gardens you can be treated to homemade cakes and a well deserved tea or coffee, all made by our amazing volunteers.



Banks Farm | 11am-4pm | 7th April

Boast Lane, Barcombe, BN8 5DY

Banks Farm is positioned in a nine acre garden set in the heart of the Sussex countryside. The manicured lawns and Spring-time early flowering shrub beds lead down to an enchanting woodland and centre-piece lake.

At Banks Farm, an orchard, vegetable garden, water features and a wide variety of plants add to a fascinating and tranquil garden to explore. It has all the elements for a perfect Spring day out with the family. £5pp and children FREE.

Holford Manor | 11am-4pm | 1st*, 2nd, 22nd & 23rd* June

North Chailey, BN8 4DU

Holford Manor is a five acre garden for all seasons, surrounding the Manor House (not open) with far reaching views over a traditional 'ha-ha' to open fields with rare breed sheep and geese. Landscaping and designed has all been completed by the current owners with extensive herbaceous borders, iris beds, and formal parterre rose garden.

Special Features include garden rooms, a secret Chinese garden, tropical beds and wildflower meadow, ornamental pond with water lilies and 2 acre lake walk. £5pp* and children FREE.



**Please note on the 1st and 23rd June the garden at Holford Manor is being opened by NGS who will receive the £6pp gate money. The Bevern Trust will receive refreshment monies only on these dates.*

Do you know of a Sussex garden that could open for us?

Bevern

Get Together in 2019

2019 - our 20th anniversary, promises to be an exciting year of activities and events that will help raise vital funds for profoundly disabled people to live their lives to the full. Keep an eye on our facebook page, twitter feed and instagram account for even more ways to get involved this year...



15 February

Big Bevern Friends Quiz

Barcombe Village Hall sees the return of our popular quiz night organised by Bevern Friends. Tickets are just £8pp (teams of 6) which includes a light Ploughman's supper, nibbles on the table, cash bar and the chance to win some great prizes on the raffle. This year a silent auction prize of dinner, bed and breakfast at Gravetye Manor is up for grabs too! Tickets available at www.beverntrust.org. Places are limited so book soon to avoid disappointment.



Collection Box Challenge

Help us break some records! We want to get more collection boxes out in the community than ever before. We can only do it with your help. Could your local chip shop, hairdressers or off-license take one of our boxes to help collect funds for The Bevern Trust? We provide everything you need to help us get more boxes out in the community. Call 01273 021241 to request boxes.

22 March

Charity Golf Day

Places are going fast for our Charity Golf Day on 22nd March at Mid Sussex Golf Club, Ditchling. One of the most delightful courses in Sussex will welcome you with breakfast rolls at 12pm, 18 holes of great golf (shotgun start) and a delicious two-course dinner, prize giving for the winner, longest drive and nearest the pin and a great raffle to finish. Book places online at www.beverntrust.org for just £260 for a four-ball or £69pp for individuals.



What's Going On?

Spring 2019



April - June

Open Gardens

With two delightful gardens open in April and June this year, you're spoilt for choice. Banks Farm in Barcombe opens on the 7th April and offers a quintessentially Sussex hidden gem, with ancient trees, flora and a 'secret lake' to discover. Holford Manor open throughout June has beautifully manicured lawns, rare flowers, grazing sheep and inquisitive friendly ducks and geese (no dogs please). All gardens are great for a family visit and are mostly wheelchair accessible. See p.6.

April - May

Challenge Events

Keep an eye out for our incredible cyclists in the Prudential Ride London, runners in the London Vitality 10,000 and the London Marathon this year. Good luck and thank you!

Celebrating 20 years of loving care

Photo's kindly provided by Maggie Pearce and Peter and Heather Frost show how we've all changed since 1999, whilst also highlighting the progress and positive changes made to Bevern View over the years. The determination in fundraising to get the home built, donation of land from Nick and Harriet Lear and growing support from the Barcombe community has been appreciated by so many families in the last 20 years. With new additions like the two respite rooms, hydrotherapy pool and storage units, our home is always adapting to care for profoundly disabled people and their families. Furthermore, the new sensory room, installation of hoists from bedroom to bathroom and new kitchen and lounge are all helping to prepare Bevern View for the next 20 years.



Family commits to building care centre for the disabled

A BARCOMBE family is spearheading a drive to build and equip a £100,000 centre for the profoundly handicapped on the outskirts of the village.

Peter and Heather Frost have a severely disabled son, Jonathan, of their own.

The 12-year-old goes to a special school but in four years will have to come out.

The Frosts are preparing for that day by planning a fully equipped residential care centre on land adjoining their home, to include the site of a redundant church chapel.

The centre will have eight beds, including two for respite care, therapy rooms and a hydrotherapy pool.

The Frosts, who have three other children, have already won commitments from a charity to rightly half the money they need.

They are also approaching others, but a significant sum will have to be raised locally.

A planning application has been made and the Frosts' immediate aim is to convince planners that a home for Jonathan, and others like him, in Barcombe is not just a good idea but is his right as a member of the community.

Jonathan, 12, can't see, can't hear, can't walk and can't talk.

"We have been looking for a site for the care centre, should we create 20 full-time jobs. It will make a big difference to the village."

● Above, Peter and Heather Frost with their son Jonathan.



"Help The Bevern Trust raise the £6000 it costs each year to provide Physio and Hydrotherapy sessions" Natasha Kaplinsky



A monthly donation of just £5, could help us raise the £6000 it costs each year to provide pain-relieving Physio and Hydrotherapy sessions for profoundly disabled people at our home Bevern View near Lewes.

Visit www.beverntrust.org to set up a monthly gift today.



Each Bevern Friend receives their own pack with name badge, activity info, collection box and support to make all their fundraising a success.

Get inspired, volunteer with us!

You can make a positive difference by giving something back to your community, you can also make new friends and have fun learning new skills or creating your own local fundraising events. Let's hear from some of our volunteers below.

Sally Ardagh: Events and Fundraising

I have been volunteering now since July 2016. I had spent many years as a volunteer fundraiser for a larger national charity, but decided that I would like to be involved with a more local organisation where I could really feel part of the lives of people I was hopefully helping. When I went to visit Bevern View I was blown away by the fantastic 'feel' of the place. It was so full of life and happy faces.

Having a Niece with physical disabilities I realised that care can be wonderful and accessible when you are a child, but once you become an adult with severe disabilities, the options are incredibly limited.

I usually volunteer with events where I can help with catering, as baking & cooking are my passions (along with eating them!), although I am more than willing to help out wherever I can. I have helped with the Open Gardens at Holford Manor for three years now and I really enjoy that. I have also helped with street collections which are good fun. I enjoy being able to tell as many people as possible about the fantastic work being done at Bevern View. The Fundraising Team and Bevern Friends have welcomed me into their 'family' and I very much enjoy being part of the team.



Terence Thompsett: Bevern View Activities

This is my second time of volunteering at Bevern. Sometime ago I volunteered as a gardener but had to give this up. At present I visit on Friday mornings but hope in the future to increase this. I am pleased to help out with a variety of activities including: Reading, cooking, artwork, chatting and generally joining in throughout the day. It is amazing how fast the time goes.

The fact that I am made to feel part of the team by all the staff is a big plus for me, everybody makes you feel welcome and appreciated. From speaking with one of the support workers I met in the garden centre I got the ethos of Bevern View. The care given to the wonderful residents with all their different needs by all the staff and the general atmosphere of the home makes this the best morning of my week.

Call 01273 021241 to chat about the right volunteering role for you.

Bevern Events



Charity Golf Day

22nd March | 12:00-20:00 | Mid Sussex Golf Club

Our very special Charity Golf Day returns to Mid Sussex Golf Club, Ditchling, raising vital funds to help people with profound disabilities live their lives with more freedom and opportunity.

Book Now : www.beverntrust.org

For just £260 for a team of four (or £69pp if booking individual places) you will have the opportunity to enjoy 18 holes of great golf, network with like-minded people from the business and golf community, enjoy a delicious two-course meal, whilst helping to raise vital funds for the Sussex Disability Charity the Bevern Trust.

The funds raised from the Charity Golf Day will provide life-changing care and can significantly improve the quality of life for people with complex health conditions and their families.



- Bacon rolls tea/coffee on arrival from 12pm
- 18 Hole Shotgun Start with Nearest the Pin/ Longest Drive
- Two-course meal
- Trophies, Prize Giving and Charity Raffle

We hope on the day to raise £5,000, which will make such a positive impact on the lives of people who live with profound disabilities in Sussex.

If you are unable to play on the day or golf isn't your thing, then could you donate a raffle prize instead, or consider sponsoring one of the prizes or holes? Call 01273 021241.



Bevern Heroes



Challenge Events

We want to hear from heroes inspired to run, walk or ride further or faster than they've ever done so before.

This could be the year you've decided to do something different, to achieve a personal milestone or goal for a special occasion or even a Birthday that defines 2019 for you. As a disability charity, we are inspired daily by the physical and emotional challenges that our residents, their families and supporters regularly face and live with every day.

"It does not matter how slowly you go, as long as you do not stop."

Confucius

Participating in challenge events like the **London Marathon** or **Ride London** whilst raising funds for The Bevern Trust can be even more inspiring, knowing your efforts can help profoundly disabled people to live their lives with more freedom and opportunity. The fundraising team are on hand to support you along every step of that momentous journey.



Would you like a charity place in the 2019 London Marathon?

On the **28th April** you could take one of our charity places in **2019 London Marathon** and help raise funds for The Bevern Trust. Call 01273 021241 for details and how we can support you along the way.

On **27th May** we have three incredible runners supporting The Bevern Trust in the **Vitality London 10k**. **Kathy Lang, Immy Crowhurst** and **Hannah Crowhurst**, have their training underway and we are sure they will smash their personal goals and fundraising targets.

Last but not least, **Mark Pilfold** (left) is cycling for us in the **Prudential London to Surrey 100** on **4th August**. Good luck Mark!

We also have one place available in the Prudential London to Surrey 46 bike ride. If you would like this charity place or to join other challenge events for The Bevern Trust, email info@beverntrust.org



www.bevertrust.org

01273 400752

info@bevertrust.org



Bevern View, The Willows, Barcombe, Lewes BN8 5FJ. Registered Charity no. 1103520.